

FACES, PLACES, & VOICES OF

Poudre Valley REA



GARY THUNQUEST

Lucky winner of our electric bicycle giveaway

Last year, we held a contest where any member who attended a Poudre Valley REA event could enter to win an electric bicycle – an REI Co-op CTY e2.2, valued at over \$2,000.

We sat down with Gary Thunquest to talk about how he has been enjoying his new prize. He welcomed us into his home, introduced his lovely wife Dorothy, and told us all about his experience with, and dare we say love of, electric bicycles.

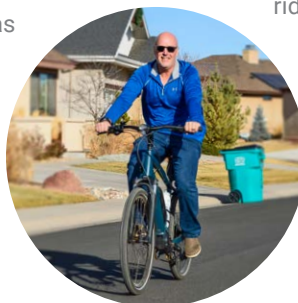
"What I really love about e-bikes is that what I've seen with my dad, and my wife, and now with this one, is it just expands the opportunities and the times when people can go and enjoy biking." Which is a major benefit of e-bikes that we kept coming back to in our talk. But more on that later.

You see, Gary was already an avid cyclist. He was first introduced to e-bikes after he purchased one for his father a couple of years ago. As his father was getting older, and walking was becoming more of an issue, an e-bike provided a great way to keep exercising that was easy on his legs.

"There's kind of a big road that goes down into Windsor," explained Gary. "Well, that's a little strenuous for him. He's in his eighties, right. Got him this e-bike, so he now loves this e-bike and he rides it every day." And Gary was adamant that his father truly does ride every day, at least when there's not snow on the ground.

For Gary's father, and others who might sometimes face limitations on exercise, e-bikes are a great tool to safely experience a more active lifestyle. According to Gary, "People who get e-bikes, they don't get less exercise. They end up getting more because they end up going out more, and going further, and doing it longer. So, they end up getting more exercise in the long run." And we couldn't agree more!

"It really is still a great way to get exercise, even if you're using assist. You just get to go further, you know. And get more scenery, and get to see things you couldn't see otherwise." To clarify, 'assist' means how much electric power comes from the bike's motor, as opposed to your own two feet.



Gary also purchased an e-bike for his wife Dorothy so they could both enjoy the same 30-to-40-mile bike ride on the weekends. "All our married life together, she hasn't been able to go out on the kind of rides I like to do," Gary said. "With the e-bike, she bikes right there with me." He even admitted that sometimes on the hills she yells back, "Hey can you hurry up!"

"It really pairs nicely to people with different abilities who can now ride together, comfortably," said Gary. An e-bike rider can dial in how much exercise they want – dialing down the assist to power the bike yourself, or dialing up the assist when you want a break.

Now people of different riding abilities and fitness levels can enjoy the outdoors together. "The thing is," Gary said, "is I love to go out and bike. And so if any of the people in my sphere are willing to do it more, that makes me happy because I'm always up for going out for a ride and I love doing it."

But e-bikes also allow riders to experience more and to go even further than ever before. Gary told us about a ride up to Horsetooth Mountain Park with his son. "It's about three and a half miles long, and I have never – I've lived here since the 80s – and I've never been able to bike that road the whole way up," Gary confessed. "We motored up that whole thing, from bottom to top," he said with excitement.

Continued on pg. 10

ELECTRIC BICYCLE REBATES

Up to \$150 per e-bike.
Learn more at www.pvrea.coop/outdoor-power-equipment-rebate

2022 EVENTS

Be sure to follow us on Facebook to find us at events. Win prizes. Get swag. Have fun with your co-op!





Quicker, More Delicious Food? Yes, Please!

Who doesn't love delicious food that takes less time to make?

If you're a fan of better food, saving time, and being more energy efficient, then you'll be blown away by the results you will get when cooking with a convection oven. It's just better than cooking the conventional way.

Roasts that are perfectly browned on the outside and juicy on the inside? Yum! How about crisp, yet tender vegetables, or cookies that come out just right?

Ah, the appetizing advantages of convection ovens.

The average lifespan of a residential oven is 10 to 15 years so if you're due for a new one, or if you're just ready for a more efficient and effective cooking experience, then a convection oven is the way to go.

The convection oven concept has been around for half a century and has more recently gained momentum among all levels of cooks from professionals to the most basic 'just get it on the table' cooks. The superior outcomes in consistency and taste, reduced cooking time, and lower oven temperatures are hard to resist.

Convection ovens are similar to your conventional oven in that it has one or more heating elements that bring on the heat. The difference is that convection ovens use a fan to circulate the heated air evenly throughout the oven. Wherever you position your dish in the oven it will have access to the desired temperature. What you put on the top rack will cook the same as what's on the bottom rack, and the same from side to side.

The circulated air created in a convection oven is a much more efficient way to heat compared to a conventional oven that heats from the top or bottom

only. With uniform heat distribution you can reduce both the temperature and the cooking time for most recipes. Generally, when cooking with a convection oven the rule of thumb is to reduce the traditional temperature by 20-25 degrees. Cooking time can usually also be reduced by around 25%.

We're seeing more and more options available on the convection oven market so you can find what's right for you. Many models come with a setting that allows you to turn off the fan so the oven can be used similarly to a conventional oven. This option is useful when cooking items that need to rise, like cakes and quick breads, or for more delicate dishes like custards or cheesecake that could be affected by the blowing air from the fan.

Reduce
temperature
by **20-25°**
& cook time
by **25%.**

Convection ovens are slightly more expensive than traditional ovens, but that upfront expense is balanced out by the reduced energy costs from the lower cooking temperatures and shorter cooking times. Convection ovens roast gas ovens when it comes to efficiency, especially when considering the short amount of time it takes to preheat a convection oven compared to a gas alternative.

According to the U.S. Department of Energy, convection ovens save about 20% of energy compared to conventional ovens that use radiant heat. Your purchase of energy efficient appliances like a convection oven is just another wise and practical way we can partner together to help the environment through improved energy efficiency — while making better food, too!

Are the tasty benefits of convection oven cooking making you hungry? Call us for help finding out if a convection oven is right for you.

CRISPY SMASHED POTATOES RECIPE

Go to www.naturaldeets.com/crispy-smashed-potatoes-in-the-convection-oven/



PVREA Rebates for 2022

INFO AND APPLICATIONS AT
WWW.PVREA.COOP/REBATES

HAVE YOU APPLIED FOR YOUR REBATE YET?

We want you to use electricity responsibly, efficiently, and safely. We offer rebates and incentives to help electrify your homes and businesses to save costs and enhance your life. In addition to the rebates below, we also have more commercial rebates available.

Be sure to submit your rebate applications within 90 days of purchase.

Electric Induction Cooktop

- \$100 for electric to electric induction swap
- \$350 for gas to electric inductions swap or new construction

Electric Bikes

- 25% of cost up to \$150

Electric Riding Mower

- 25% of cost up to \$1,000
- Additional Battery rebate 50% of cost up to \$25

Electric Snow Blower

- 25% of cost up to \$150

Electric Trimmer, Chainsaw, Pruners and More

25% of cost up to \$50

Smart Thermostats

- Nest & EcoBee \$25 – up to 2 devices
- Power Peak Enrollment \$50
- Power Peak Participation \$30



Level 2 EV Charger with Time-of-Use Enrollment

- 50% hardware up to \$500
- 50% installation up to \$500

Public Level 2 EV Charger

- 50% of costs up to \$1,000 rebate
- Must be accessible to the public

DC Fast Charger

- \$3,000 for 50-75kW maximum output
- \$5,000 for 76-149 kW maximum output
- \$7,000 for 150+ kW maximum output



Line Voltage Thermostats

- \$75 – up to 5 devices

Whole House Fans

- \$100

Electric Resistance Water Heater

- \$50 for a swap from gas to electric

Energy Star Appliances

- \$30/unit full size refrigerators or freezers
- \$60/unit for refrigerator/freezer recycling – up to 2 per year
- \$30/unit for top-load clothes washers
- \$40/unit for front-load clothes washers
- \$30/unit for clothes dryers (electric only)

Hybrid Heat Pump Clothes Dryers (ventless)

- \$90/unit

Heat Pump Water Heaters

- \$350/unit

Residential LED Lamps/Fixtures

- Up to 50 bulbs per account, 50% of material costs capped at \$8/bulb

Air Source Heat Pumps

- Standard Heat Pump
- Cold climate heat pump
- Rebates starting at \$900 and up to \$2,800

Geothermal Heat Pump

- Call for details

Commercial Motor Program

- Motor sizes 10hp to 500hp
- Minimum motor efficiencies required
- Per project cap of \$20,000

Variable Speed Drive

- New or retrofit
- Motor sizes from 25hp and larger
- Per project cap of \$20,000

Electric Forklifts

- Up to \$5,000

Pallet Jacks

- Up to \$1,500



Commercial LED Lighting

- Up to \$20,000 incentive per project
- For both new construction and retrofits
- Includes exterior wall mounted lighting, exterior pole mounted lighting, refrigerated case lighting, and interior lighting

MEET GARY THUNQUEST — *continued from pg. 7*

"It's opened up terrain that I've not in 35 years of living here, been able to bike." Now Gary can bike places he otherwise couldn't. All because his e-bike empowers him to go further and to climb higher than ever before.

At your local electric cooperative, we love empowering our members to enjoy the most out of their lives and from where they call home. Electric tools, like e-bikes and other electric appliances, can make our lives easier, grant us more access, or just give us more time back to enjoy what really make us happy.

That's why Poudre Valley REA supports programs and services to help members go electric if it fits their lifestyle. We have information about the benefits of electric tools and appliances on our website. Or please call us and speak to your trusted energy experts about how these electric products could empower your life.

We thank Gary for sharing his story. And invite you all to come to our future events for your chance to win similar prizes.

Giving to Those We Serve



As we conclude the holidays this time of year, it's easy to get caught up in the decorations, festivities, and parties. Sometimes we forget what the season is truly about — giving. Whether that means giving gifts of food to family and friends, or donations to charities, or even giving your time and compassion to those in need. Giving is an important gesture, one that should not get overlooked.

At your co-op, we love supporting the great causes across Northern Colorado. For every cooperative, concern for the community is a driving principle in how we do businesses. We give to those we serve. This year we gave over \$14,000 to our communities during the holidays. If you know others we can help support, please let us know!

YOUR COOPERATIVE'S HOLIDAY GIVING

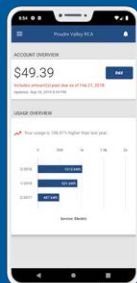
- Johnstown Turkey Trot
- Johnstown Jingle
- Berthoud Snowfest
- Toys for Tots, plus donated items from PVREA staff and members
- Greeley Lights the Night
- Weld Food Bank
- Realities for Children NightLights
- Food Bank for Larimer County
- Windsor Winter Wonderland
- Boulder Food Pantry
- Lyons Holiday Parade
- Timnath Shop with a Cop

NEW YEAR, NEW YOU?

We know things can change, and we want to ensure we have the most current and up-to-date information for each of our members. When we do, it means better service. Help us, help you!

The quickest way to update your information is through the PVREA App. Details can be found online at www.pvrea.coop/app.

Here you can also set up your preferred notification methods, sign up for outage alerts, or start paperless billing. Did you know you can also sign up for AutoPay to have your monthly electric bill automatically drafted from your bank account or credit card?



JANUARY 2022 ENERGY EFFICIENCY TIP OF THE MONTH



MAXIMIZE YOUR HEATING SYSTEM'S PERFORMANCE

Inspect, clean, or replace air filters once a month or as needed to reduce energy costs and prevent potential damage to your system. Make sure radiators, baseboard heaters, and warm-air registers aren't blocked so air can flow freely.

Source: energy.gov

